

# How's Your Baby?

## Developmental Checklist



### Do you have questions about how your child is growing and developing?

Every child is different and learns at his or her own pace. It's important to notice when your child begins to learn new skills to see if he is on target.

Use this checklist to see how your child is doing.

If you notice your child is not on target, talk with your child's doctor, or call Early Childhood Intervention, ECI, at 1-800-628-5115 to locate an ECI program near you.

### Did you know?

**ECI** serves families with children birth to 36 months with developmental delays or disabilities.

**ECI** professionals partner with families to help their children grow, learn and stay healthy.

**ECI** provides services to families of all income levels and in every Texas county.

## Check list

### 3 - 6 month old babies

- ☐ follow moving toys or faces with their eyes
- ☐ startle at loud or new sounds
- ☐ wiggle and kick with their legs and arms
- ☐ lift their head and shoulders while on stomach
- ☐ smile back at parents or other family members
- ☐ make sounds, like gurgling, cooing or sucking sounds

### 6 - 9 month old babies

- ☐ explore toys with hands and mouth
- ☐ roll over front-to-back and back-to-front
- ☐ squeal and babble different sounds
- ☐ sit by leaning on their hands
- ☐ turn their heads to voices and respond to their names
- ☐ know family members and seek their attention
- ☐ enjoy playing "peek-a-boo"

### 9 - 12 month old babies

- ☐ copy hand movements like "patty cake," or "bye-bye"
- ☐ pick up crumbs or other small things with their thumb and a finger
- ☐ move toys from one hand to the other hand
- ☐ crawl on hands and knees
- ☐ sit without help
- ☐ repeat sounds like "baba," "dada," "mama"
- ☐ cry when their mother or father leaves

### 12 - 15 month old babies

- ☐ pull themselves up to a standing position
- ☐ walk by holding onto furniture
- ☐ drink from a cup with your help
- ☐ wave bye-bye
- ☐ say "mama" and "dada" and one other word
- ☐ point to objects they want
- ☐ can find a toy hidden under a cloth

### 15 - 18 month old babies

- ☐ use at least three words besides "mama" and "dada"
- ☐ like to look at pictures in a book
- ☐ hold a crayon in their fist
- ☐ hand toys to you when asked
- ☐ point to pictures or objects you name
- ☐ walk without help
- ☐ dump contents out of a box

### 18 - 21 month old toddlers

- ☐ like to pull and push things while walking
- ☐ use pointing and words together to tell you what they want
- ☐ pull off shoes and socks
- ☐ feed themselves with their fingers
- ☐ can point to one body part when asked
- ☐ use at least 10 words and repeat words you say

### 21 - 24 month old toddlers

- ☐ point and use words to get your attention
- ☐ like to pretend-play (talk on toy phone)
- ☐ put together a 2 or 3 piece picture puzzle
- ☐ like to throw balls
- ☐ like to play alone with toys for a short time
- ☐ say "No" a lot
- ☐ like to copy what others do





## 24 - 30 month old toddlers

- ☐ use 2 to 3 words together, like “No, Mommy” or “More cookies”
- ☐ use and understand at least 50 words
- ☐ feed themselves with a spoon
- ☐ enjoy being around and watching other toddlers
- ☐ show affection to family members and pets
- ☐ run short distances without falling
- ☐ pretend play with more than one step (Feed a doll, then pat and hug it.)
- ☐ show lots of feelings (joy, anger, sadness)

## 30 - 36 month old toddlers

- ☐ throw a ball overhand
- ☐ comfort another child who is crying
- ☐ can walk on tiptoes
- ☐ combine 2 ideas in a sentence (“I want an apple and a banana.”)
- ☐ help to clean up
- ☐ ask for help when needed
- ☐ combine 2 toys in pretend play (Uses a stuffed bear as the driver of a toy car.)
- ☐ use at least 100 words

# Red Flags

Below is a list of behaviors or red flags that can keep your child from learning. If they happen often, call ECI.

### Baby

- ☐ Cannot bend arms or legs
- ☐ Does not smile, move or look at you when you talk or play with her
- ☐ Does not want to be held
- ☐ Does not make sounds by 3 months
- ☐ Does not babble by 6 months

### Toddler

- ☐ Has tantrums that last 20 minutes or longer
- ☐ Breaks things on purpose
- ☐ Hurts or bites other people
- ☐ Does not look at you when you call her name
- ☐ Does not play with toys
- ☐ Flaps hands, rocks or sways over and over
- ☐ Does not point at objects he wants
- ☐ Has no words by 12 months

### Any Age

- ☐ Is fussy or cries a lot, even when not tired or hungry
- ☐ Has trouble falling asleep or staying asleep
- ☐ Does not notice people
- ☐ Is unhappy most of the time
- ☐ Any loss of speech or babbling, or social skills

## How can you learn more about ECI?

### ECI Videos:

[www.dars.state.tx.us/ecis/videos/index.shtml](http://www.dars.state.tx.us/ecis/videos/index.shtml)

ECI has two short videos to help people learn about ECI and the services they provide. “**Texas ECI: Family to Family**” allows you to learn more about ECI from families who talk about their own experiences with ECI. “**About Texas ECI**” offers an overview of ECI’s unique model of services.

### ECI’s Resource Guide:

[www.dars.state.tx.us/ecis/resources/index.shtml](http://www.dars.state.tx.us/ecis/resources/index.shtml)

This site contains resources on topics such as child care, developmental information, parent support, training and much more, that will help answer many questions you may have.

### How do I find ECI?

To find the number of the ECI program in your area, call 1-800-628-5115 or visit the Program search page:

[www.dars.state.tx.us/ecis/searchprogram.asp](http://www.dars.state.tx.us/ecis/searchprogram.asp)

If you have a hearing impairment, use the relay option of your choice.

*The state agency responsible for ECI is the Department of Assistive and Rehabilitative Services (DARS). DARS contracts with local agencies to provide services in every Texas county.*



Call DARS Inquiries Line at **1-800-628-5115**

or for people with a hearing impairment use

the relay option of your choice,

or visit the ECI web pages at

[www.dars.state.tx.us/ecis](http://www.dars.state.tx.us/ecis)



**Your Local ECI Program:**



Department of Assistive and Rehabilitative Services

Division for Early Childhood Intervention Services

4900 N. Lamar Blvd., Austin, Texas 78751

For questions, compliments or complaints call 1-800-628-5115.